



TENNIS ELBOW

Tennis elbow, or *lateral epicondylitis*, is a painful condition of the elbow caused by overuse. Tennis elbow occurs when forearm muscles and tendons become damaged from repeating the same motions again and again. This leads to pain and tenderness on the outside of the elbow.

Diagnosis

During the examination, your doctor will use a variety of tests to pinpoint the diagnosis. The diagnosis of tennis elbow is typically made by physical examination, and routine diagnostic testing is not usually required.

Nonsurgical Treatment

Approximately 80% to 95% of patients have success with nonsurgical treatment.

Rest. Complete rest is not recommended and may be counterproductive. Light use of the arm is encouraged.

Medications. Medications like aspirin or ibuprofen reduce pain and swelling.

Brace. Using a brace centered over your forearm may help relieve symptoms of tennis elbow by resting the muscles and tendons.

Steroid injections. You and your doctor may elect to inject the area with a steroid. Relief may last several months. However, if a proper strengthening program is not followed, the symptoms may return.

Exercise and Physical Therapy In most cases exercises will help improve the condition in about 4 to 6 weeks.

Surgical Treatment

If symptoms do not respond after 6 to 12 months, your doctor may recommend surgery. This involves removing diseased tendinous tissue.

PRP Injection: A newer option using growth and healing factors from your own blood to encourage healing. Not covered by insurance but may be helpful and in many cases, the results can be even better than surgery. If you're thinking about surgery for your tennis elbow, ask us for details about PRP.



TENNIS ELBOW EXERCISES

Stretches: Hold each stretch for 20 seconds, repeat 3 times. Do this 3 times per day

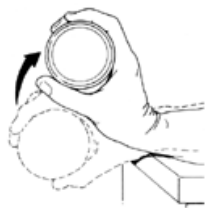


Exercise 1. Straighten the arm, flex the wrist and push on the back of your hand until you feel a stretch across the top of the forearm.

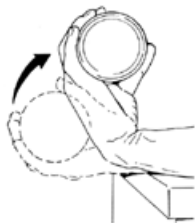
Exercise 2. Straighten the arm out fully (palm side up), and push the palm downward to stretch.



Strengthening Elbow supported on a table with the wrist hanging over edge. Use a light weight such as a 4oz or 8oz can of tomatoes. Goal of 2 sets of 20 repetitions daily, but do not push beyond the point of pain. Work your way up to 20 repetitions gradually, then advance weight. In all of these exercises, lowering **slowly** is key.



Exercise 3. Strengthening wrist extensors: Hold weight with the palm facing down. Extend the wrist upward so that it is pulled back. Hold this position for a count of 2, lower slowly for a count of 4.



Exercise 4. Strengthening wrist flexors: Hold weight in the hand with palm up. Pull the wrist up, hold for 2 seconds and lower slowly.

Exercise 5. Strengthening the muscles that twist the wrist: Hold weight in hand, thumb pointing up. Slowly turn wrist inward and then outward as far as possible. 20 repetitions

